

**WELCOME TO THE PRACTICE OF  
INTEGRATIVE AND AYURVEDIC MEDICINE AT  
THREE RIVERS AYURVEDA, INC.**

Three Rivers Ayurveda takes a unique seat in the team of Health Care Professionals whom you have chosen to work with; whether you have current medical issues or are interested in optimizing your health as you go through life. Our most important guiding principle is that of patient-centered care. The unique story of each individual is honored in the process of unraveling and clarifying the interwoven fabric of your health issues by careful history-taking, physical examination, and Ayurvedic medicine diagnostic evaluation.

**What is Ayurvedic Medicine?**

Ayurveda, a traditional medical science that originated in Ancient India, has been practiced for thousands of years and has treated millions of people worldwide. The emphasis of this medical system is on preventive health measures that are customized to the client's inborn normal physical and mental constitution (prakruti) as well as current imbalances (vikruti). Ayurvedic treatment protocols include but are not limited to: Marma Point Therapy, Yoga Therapy, Meditation, Pranayama (breathing exercises), Dinacharya (daily routine recommendations), Aromatherapy, Dietary Recommendations, Customized Herb and/or Spice Regimens.

**What is Osteopathic Medicine?**

Similarly, Osteopathic Medicine is based on the principle that the body has an inherent ability to heal itself and to move toward a state of health if given the right environment and opportunity to do so. It involves understanding the etiology, prevention, and treatment of complex, chronic disease. It is an integrative, science-based healthcare approach that treats illness and promotes wellness by focusing on the biophysically unique aspects of each patient, the environmental influences, toxic exposures, traumas, and genetic predispositions, and then individually tailoring interventions with manual manipulation to restore physiological, psychological, and structural balance. Virtually every complex, chronic disease is preceded by long-term disturbances in functionality that need to be identified and effectively managed—the earlier the better.

Integrative Medicine weaves together world views and modalities from traditional medical systems with Ayurvedic approaches and traditional allopathic medicine as well as providing supportive care for those patients who are undergoing western conventional treatments for various diseases such as autoimmune diseases, inflammatory conditions, and others. Often by upgrading the level of an individual's health, we are able to enhance the benefits of conventional therapies, and reduce or eliminate the need for pharmaceutical drugs as well as reduce the negative impact of conventional therapies on the long term health of the individual.

## **Putting it together for a personalized approach**

By putting it all together, Three Rivers Ayurveda can develop innovative personalized programs for each patient selected from a wide array of interventions using a combination of dietary and lifestyle changes, botanical and nutritional interventions, Ayurvedic Medical evaluation with herbs, massage therapy, osteopathic manipulation and other modalities and methods. This care necessarily varies from patient to patient, as it is very specialized and personalized.

Three Rivers Ayurveda's approach to health care is based on a combination of ongoing research, clinical experience, and ancient wisdom practices. Some of our treatments have not been evaluated or approved by the FDA or the American Medical Association and thus are considered experimental. We believe that these treatment modalities are beneficial for our patients. Many of our treatments are aimed at upgrading the general health and functioning of the body's complex systems rather than targeting a specific disease state. Even though Ayurveda and Osteopathy are both considered safe, they are not totally without their risks -- as with any therapeutic modality. Also please be aware that some dietary supplements, herbs and therapeutic practices are not safe during pregnancy or while nursing. In addition, herbs and supplements may have the potential to interact with medicines prescribed by your primary physician. We need you to inform us of all the medicines, over-the counter medications, supplements, herbs, hormones or any medicine you are currently taking so we can take appropriate steps to minimize any risk.

Treatments recommended for you and their potential benefits and risks will be explained to you by your treating practitioner as will the conventional medical treatments that are available to you and you will be given the opportunity to ask questions and clarify any concerns prior to beginning any treatment.

### **Informed Consent:**

**I understand the approach to health and wellness offered at Three Rivers Ayurveda, Inc. I understand that treatments that may be offered to me are considered experimental and I am choosing to participate in this approach and the treatments offered.**

Patient's Signature, Date: \_\_\_\_\_

Patient's Name (Please Print): \_\_\_\_\_

Guardian's Signature (if applicable), Date: \_\_\_\_\_

Guardian's Name (Please Print): \_\_\_\_\_